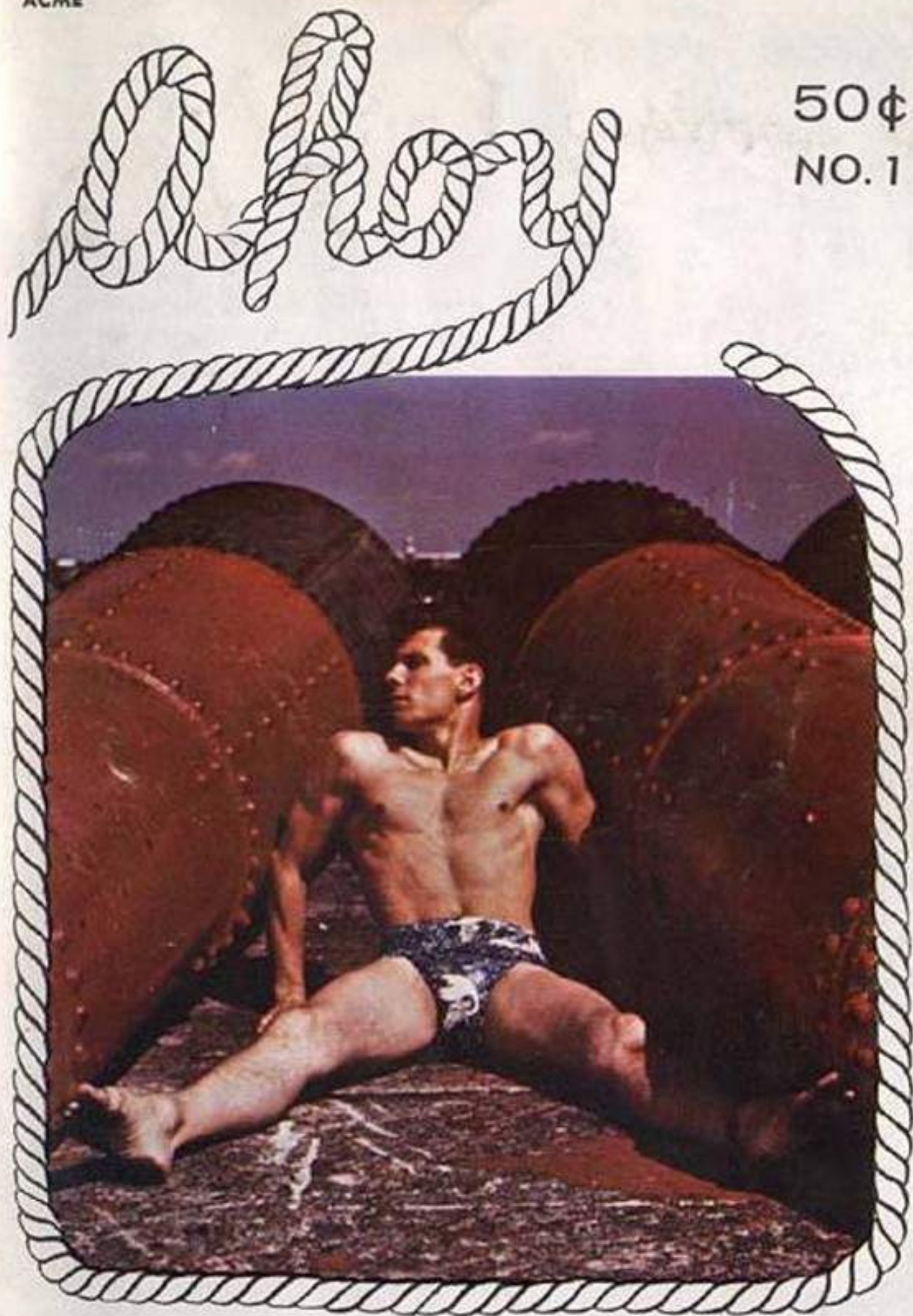


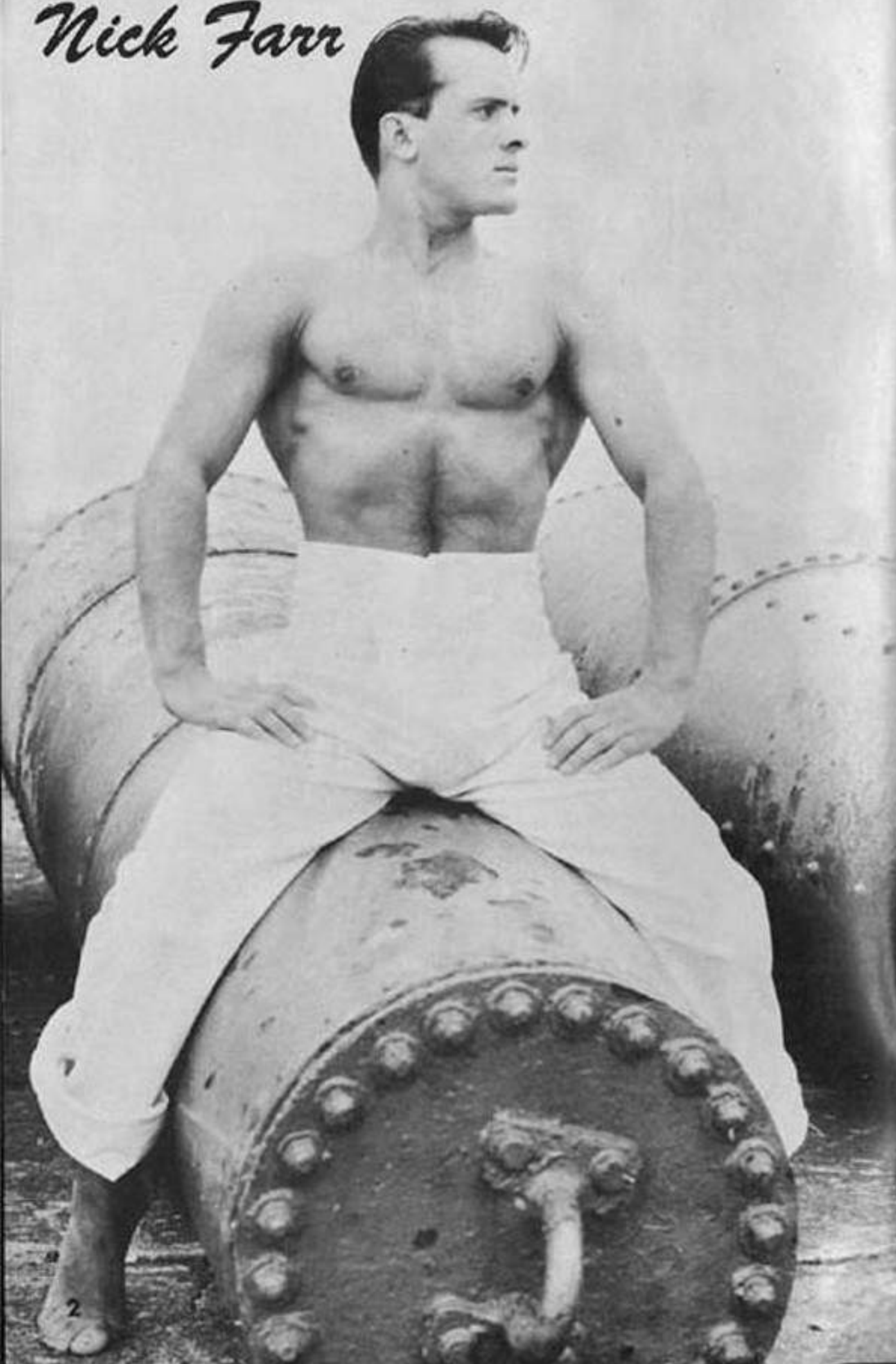
ACME

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NO. 1



Nick Farn



Ahoy

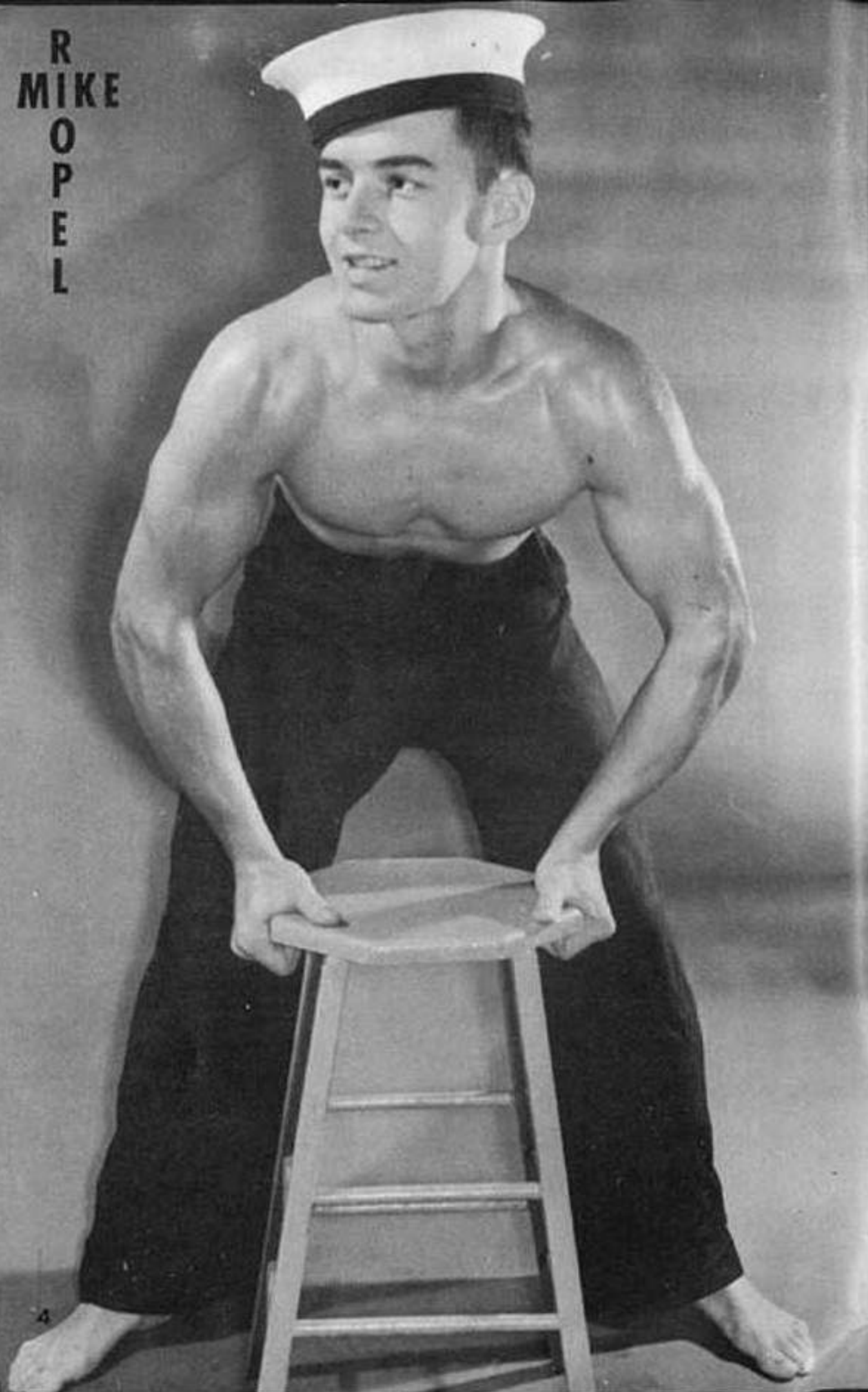
SUMMER—1963

Sailors from the beginning of time have been portrayed in story and song and in art as being virile and muscular. Now we are able to see the sailor through the eye of the camera, and this issue of Ahoy is dedicated to all those modern adonis of the deep who now patrol the seas in atomic submarines to maintain the freedom of the Western world. Here we can see the power and the definition that hard work and dedication to exercise can do, not only for the navy man but for all who want to follow his example. Here are your favourite bodybuilders in nautical poses. Ahoy is a Mark-One Publication, Box 32, Lachine, Quebec, Canada. All manuscripts, photos and or art work submitted becomes the property of Marx-One without further correspondence. No submissions will be returned unless sufficient postage is enclosed.



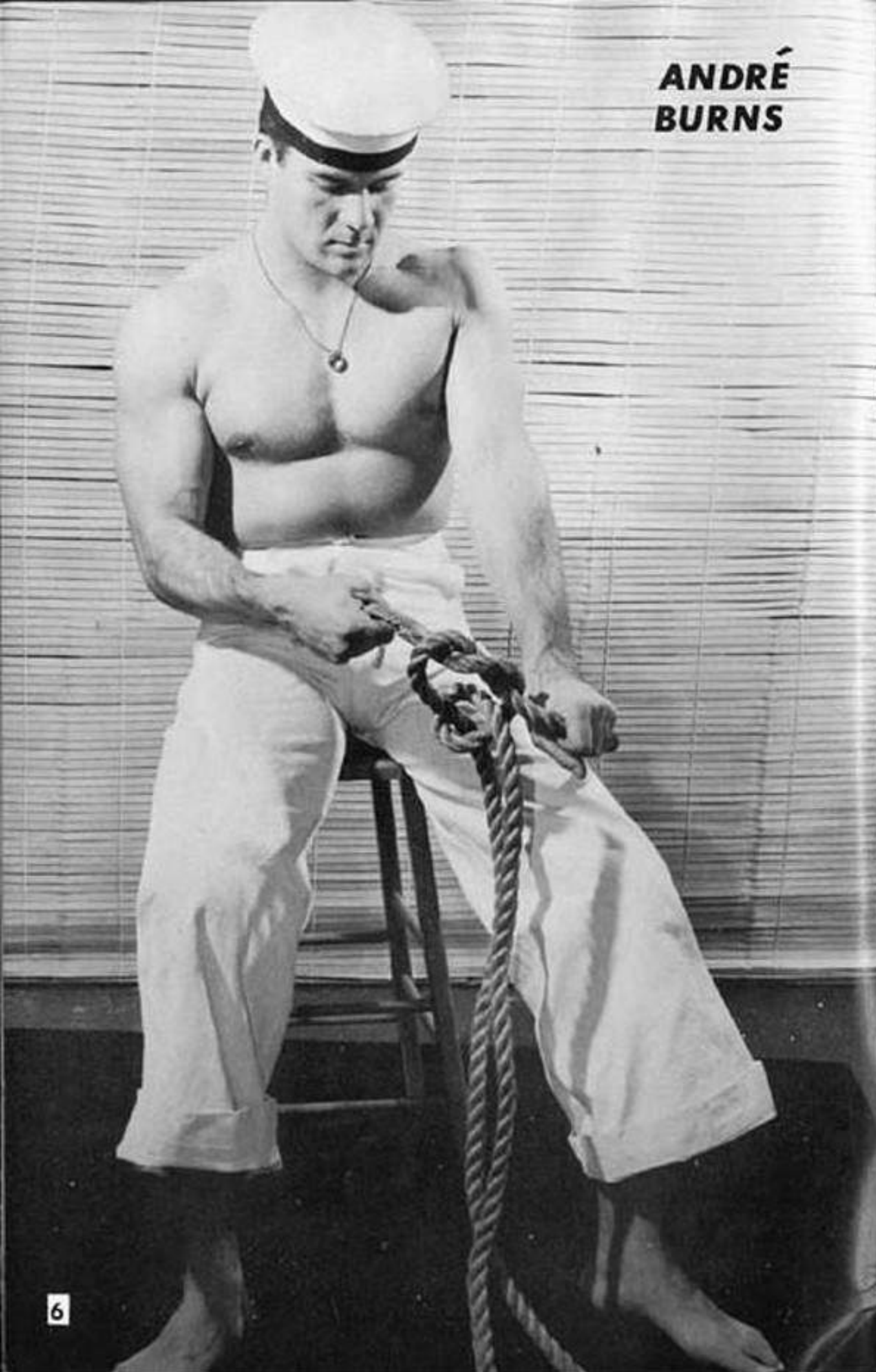
Cover Men. Bob Ireland occupies our front cover and Bob has spent some time at sea. Our back cover is Keith Fisk, who enjoys sailing and skin diving.

R
MIKE
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JACK HOOLE

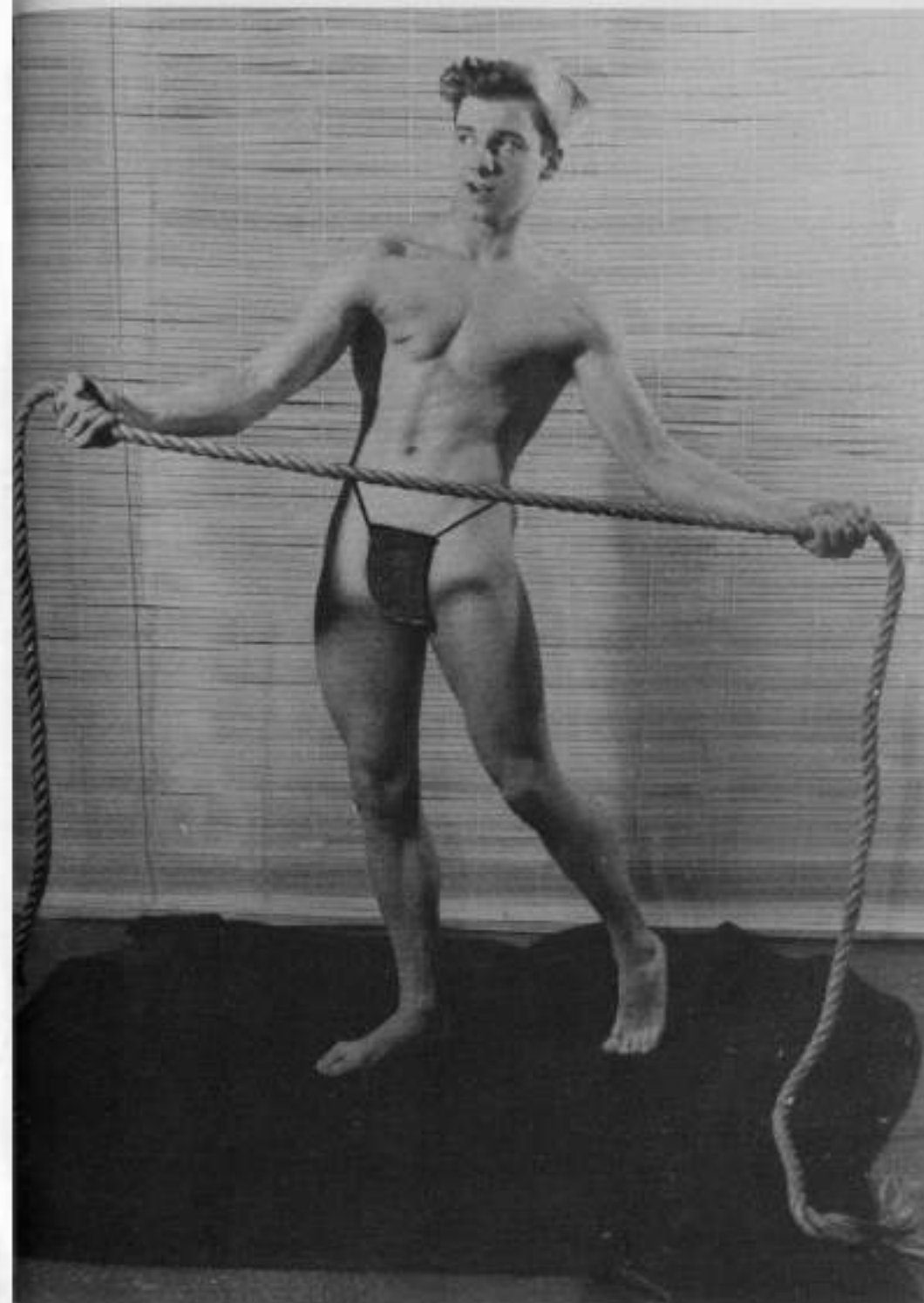
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BURNS**

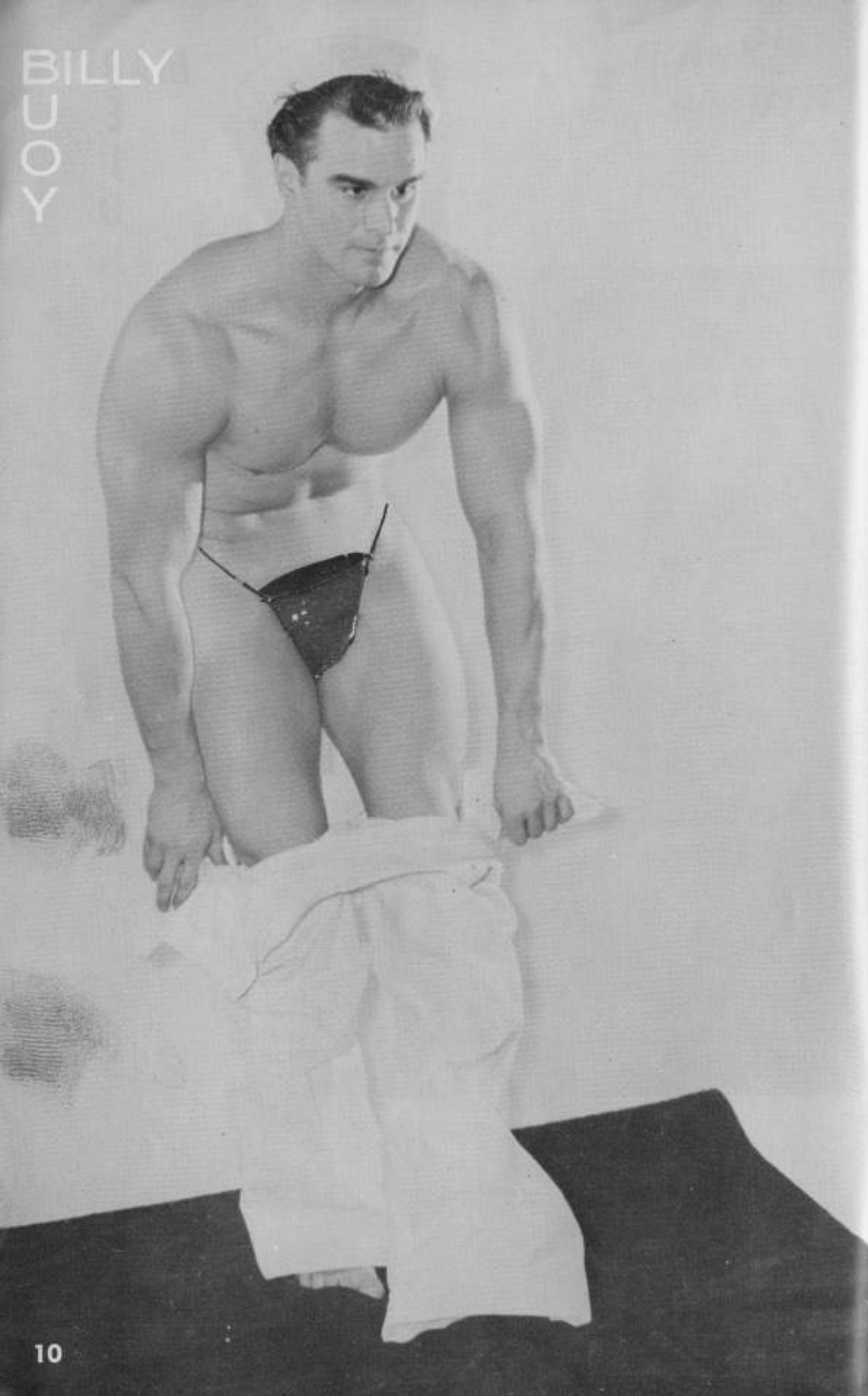


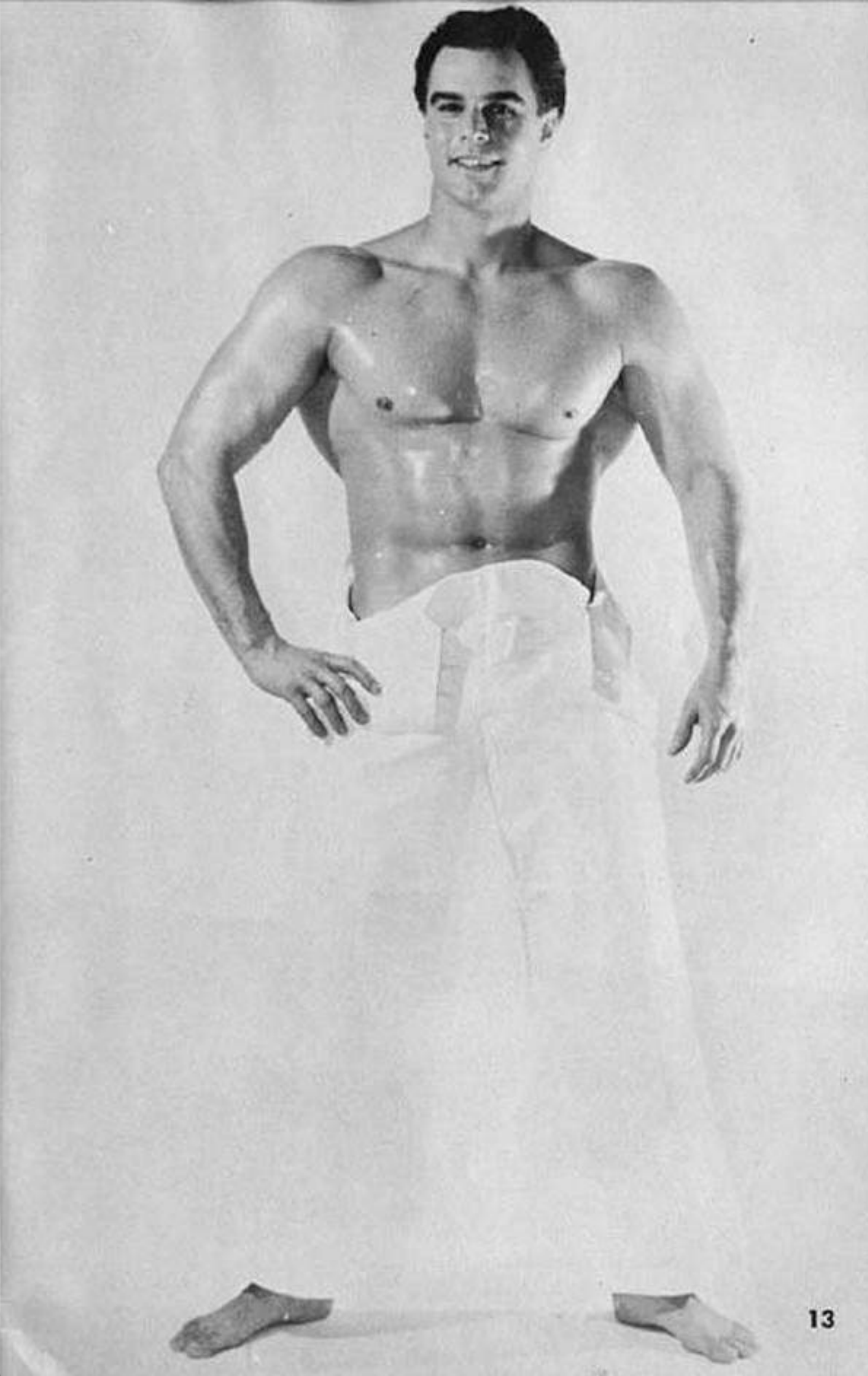
**FRANK
BASTIEN**



**MARTIN
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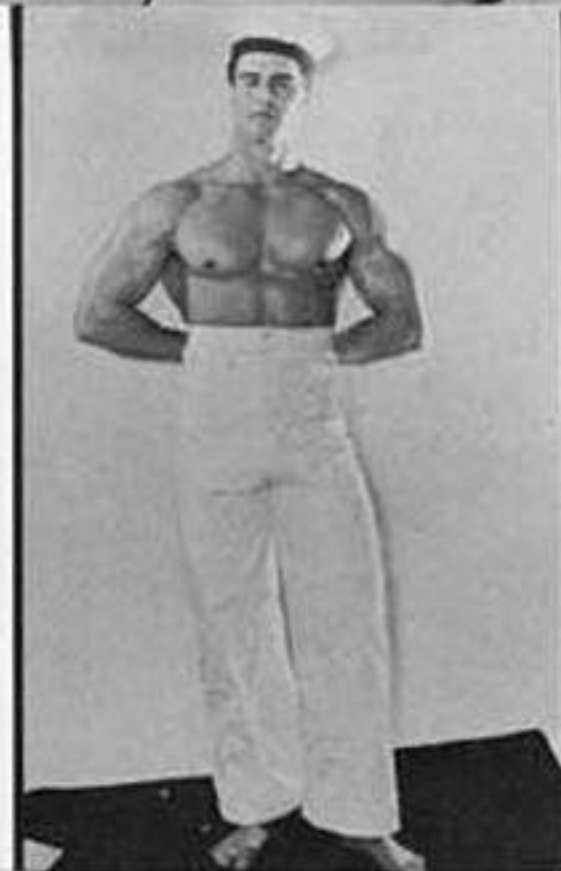




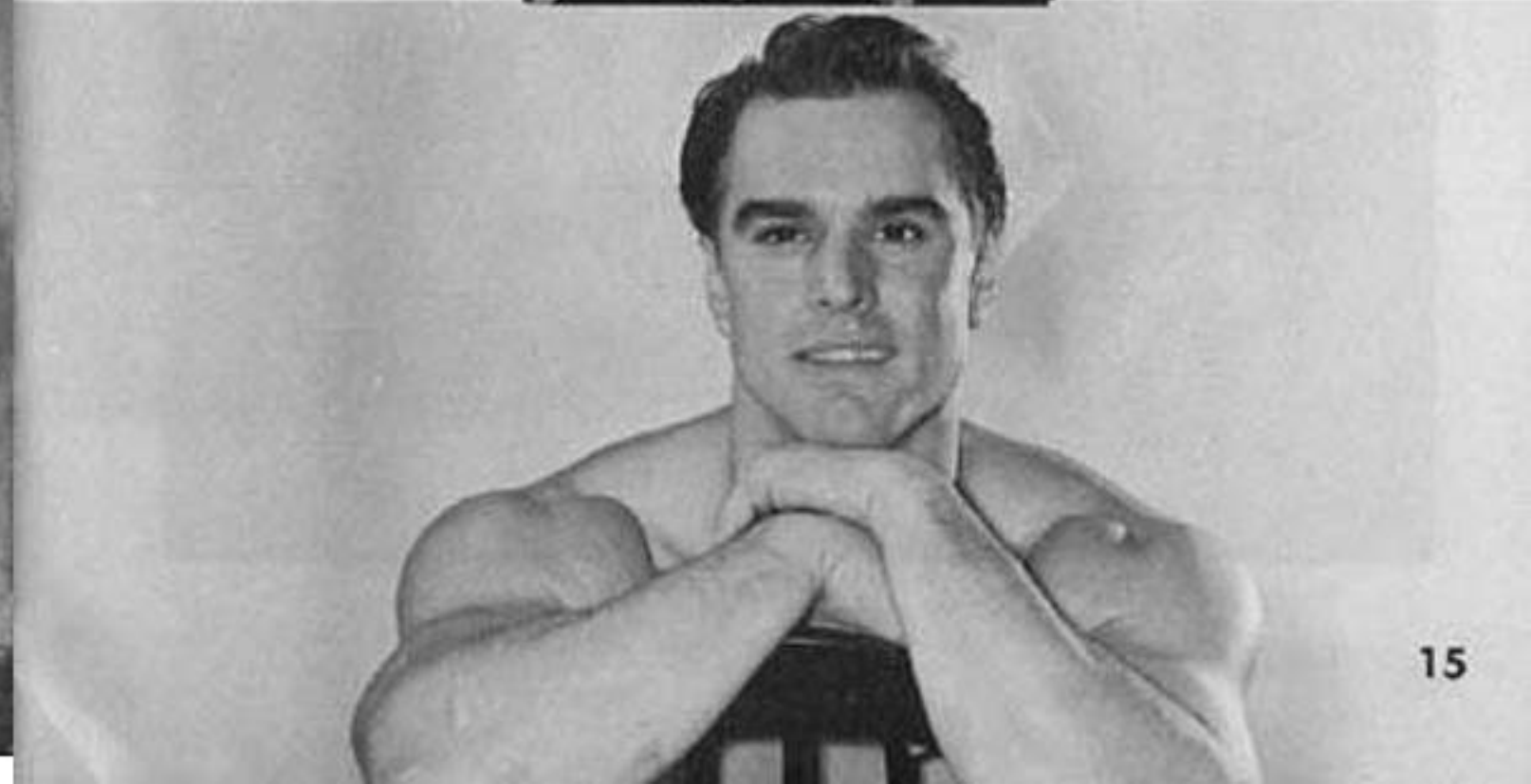


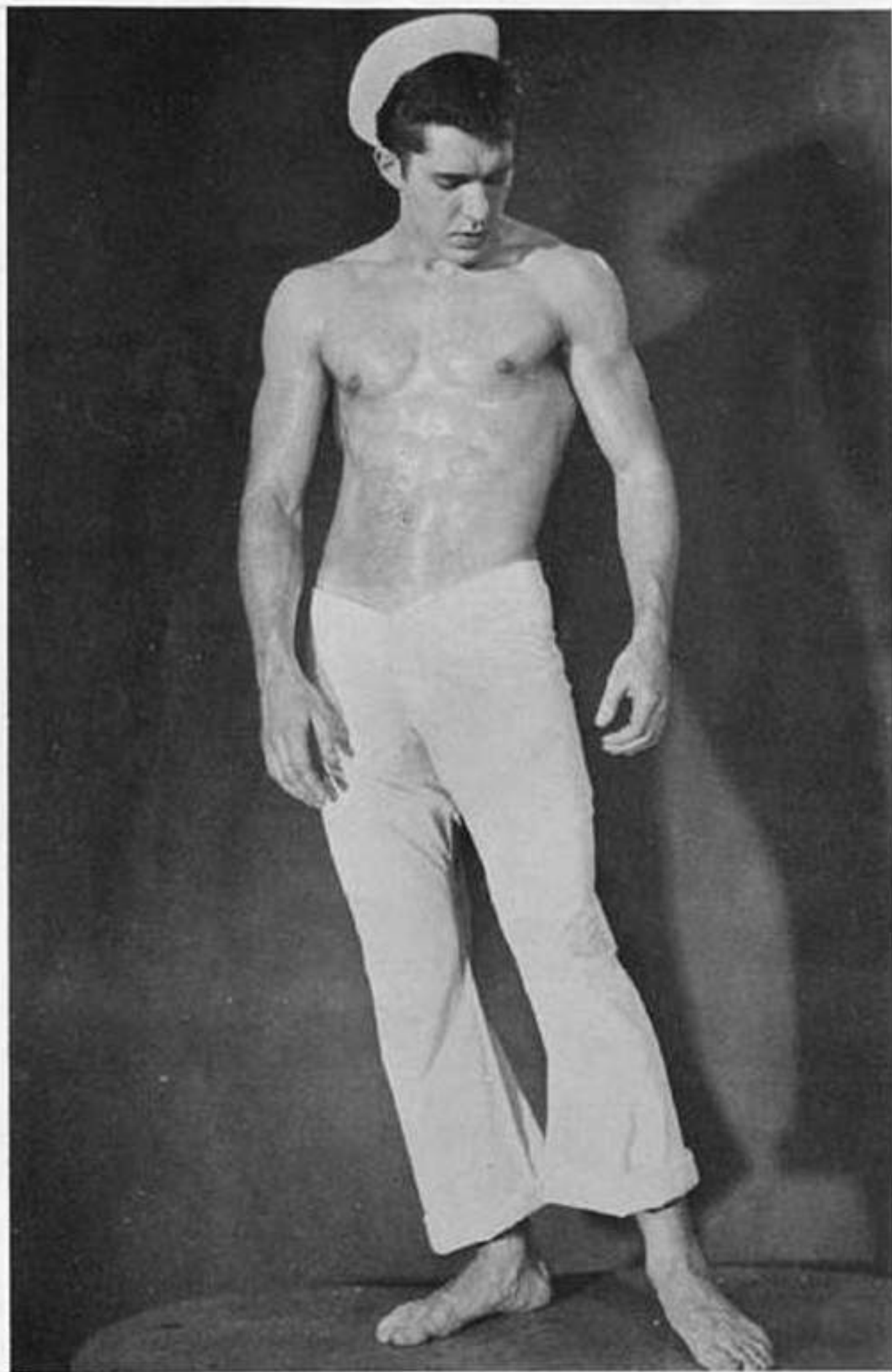


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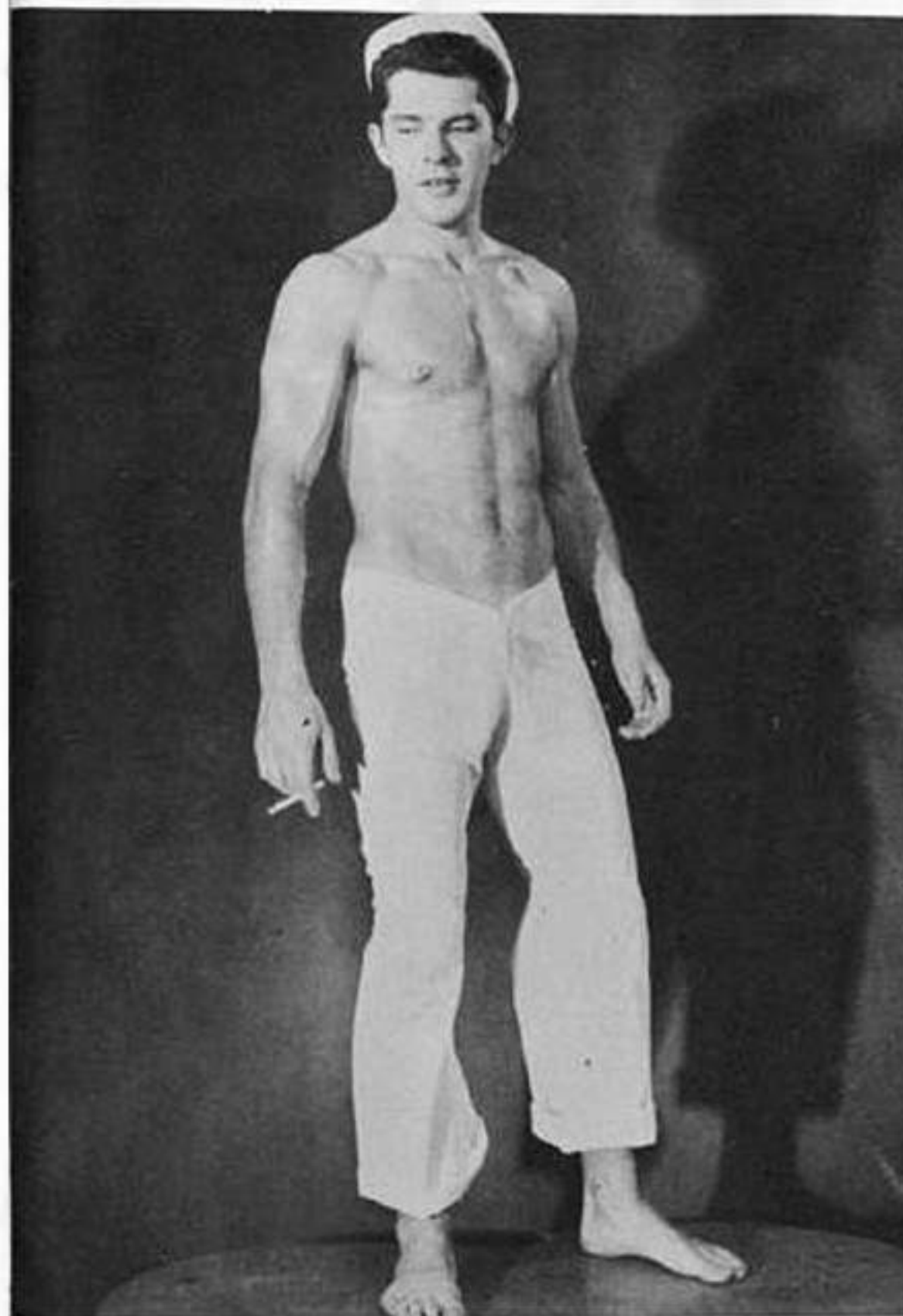


HILL





DON WILDER



by BOB ANTHONY



GUY

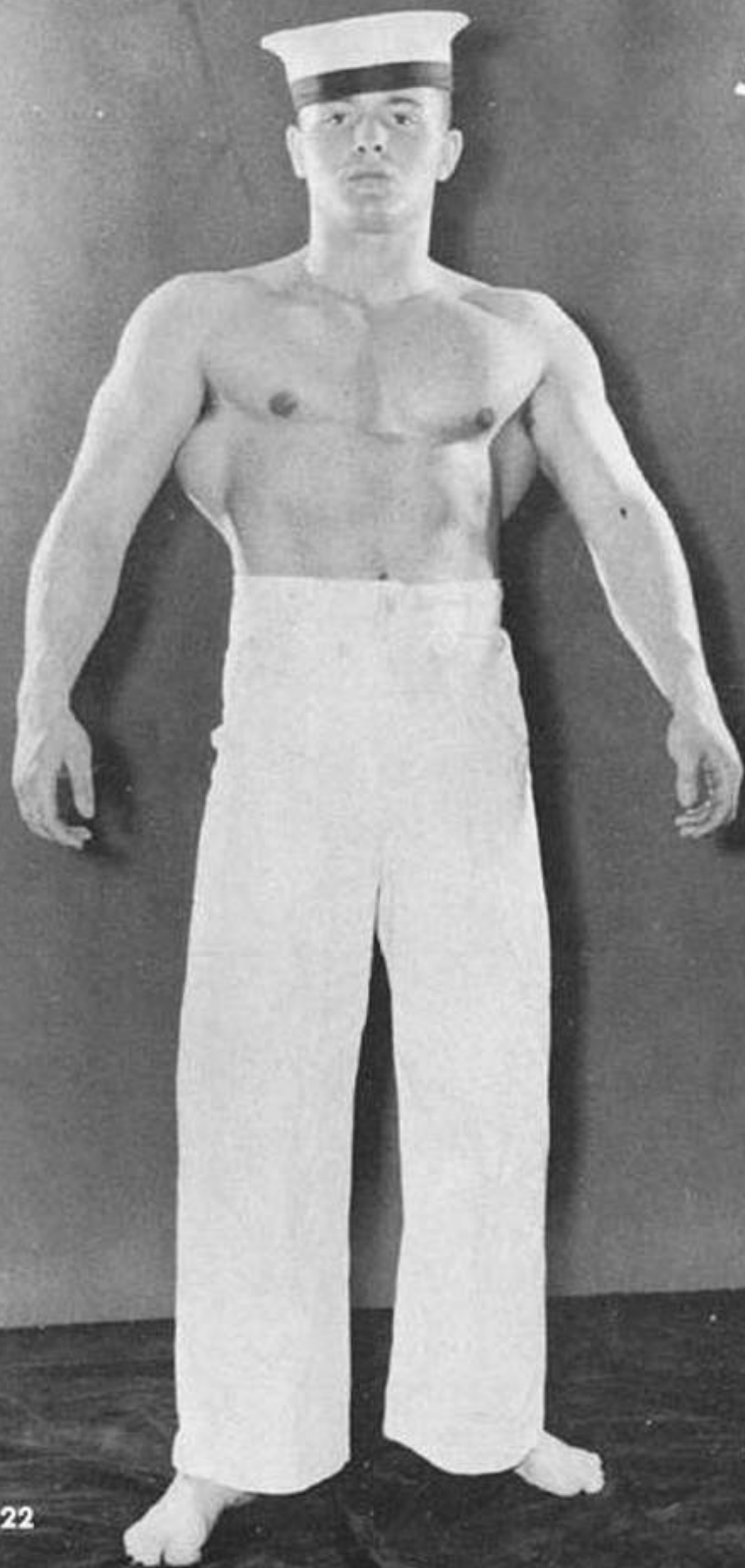


DUCHESNE

**JOEY
KRNJACH**



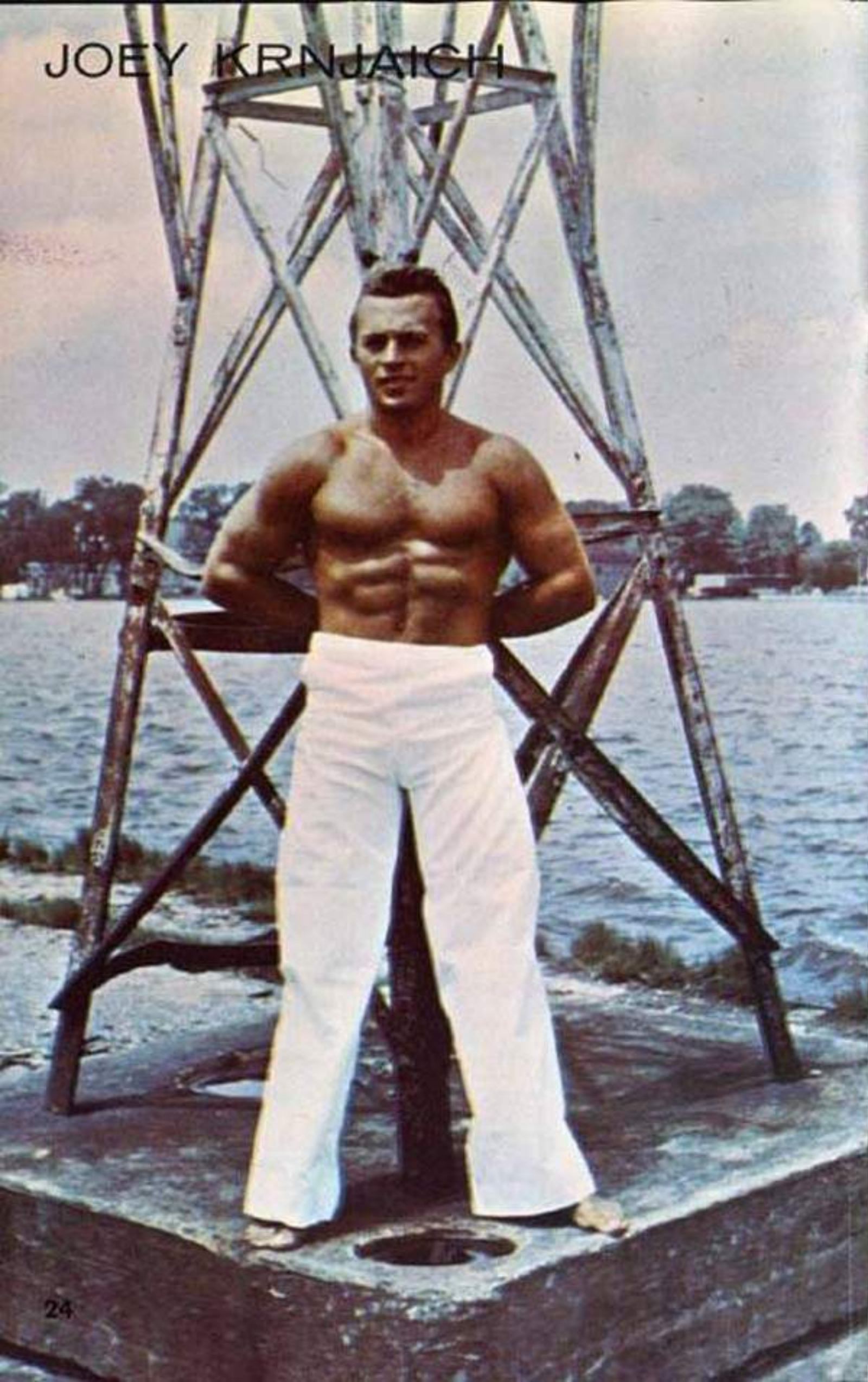
**JIM
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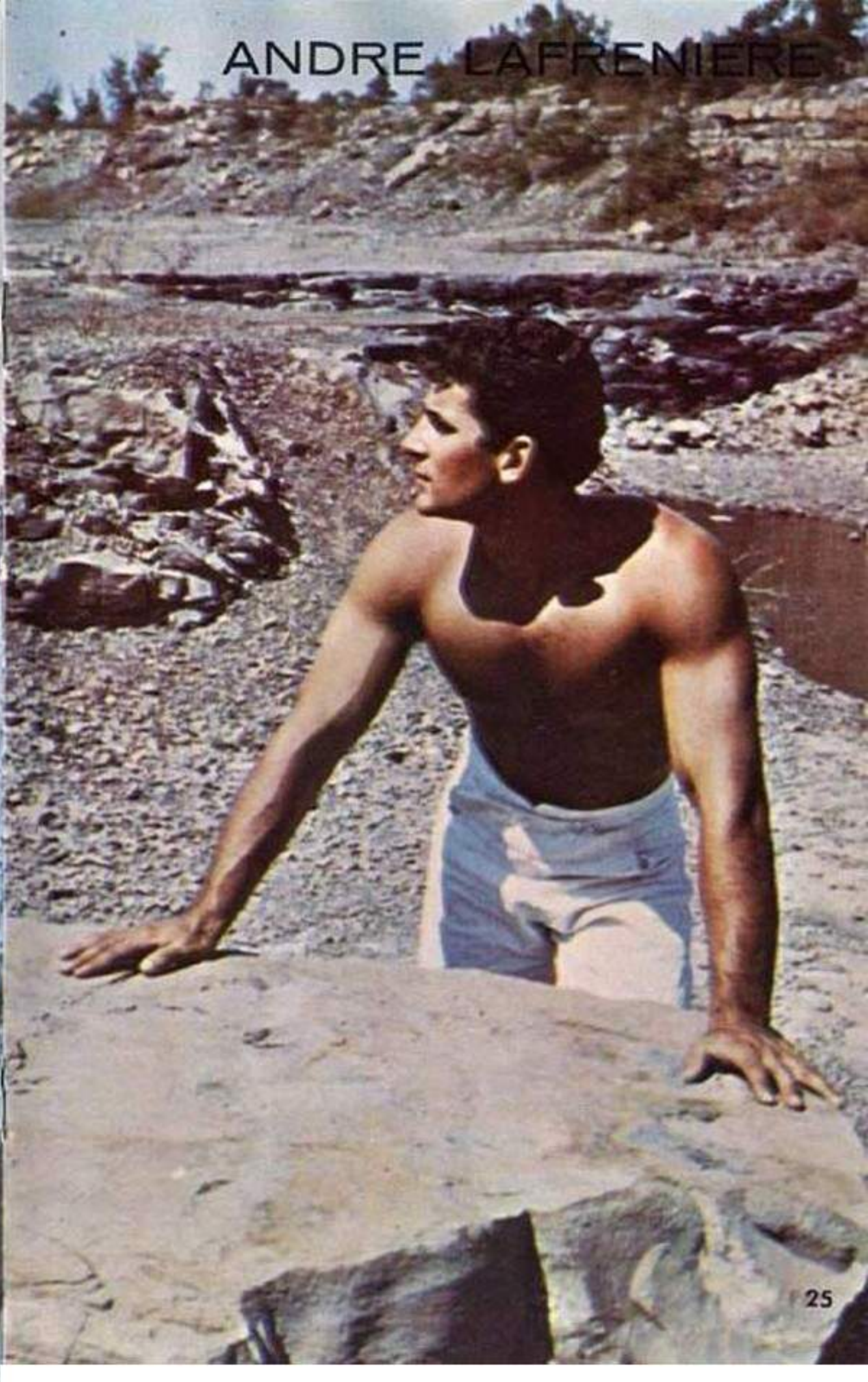
ERNIE LOPEZ

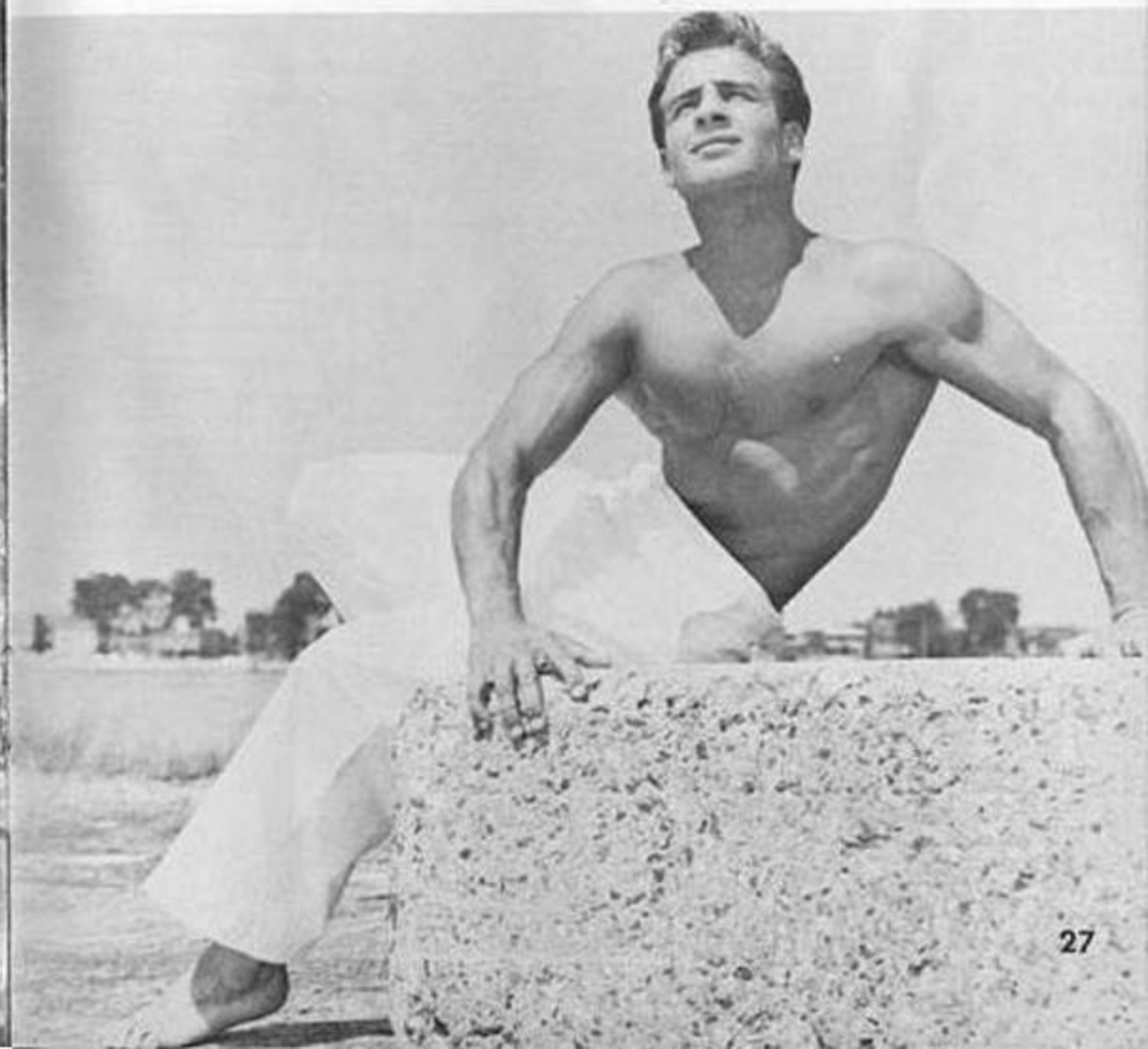


JOEY KRNJAICH



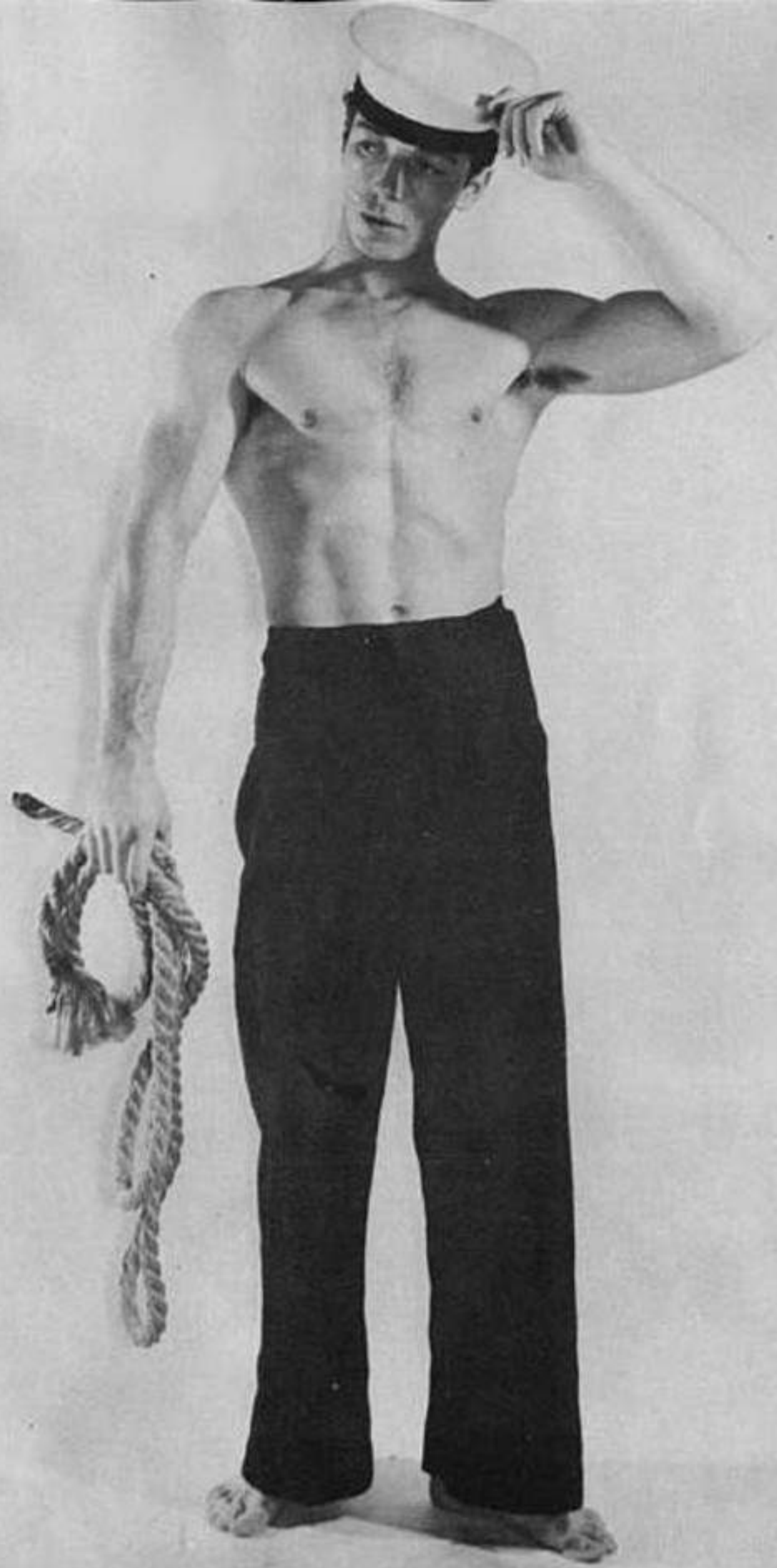
ANDRE LAFRENIERE



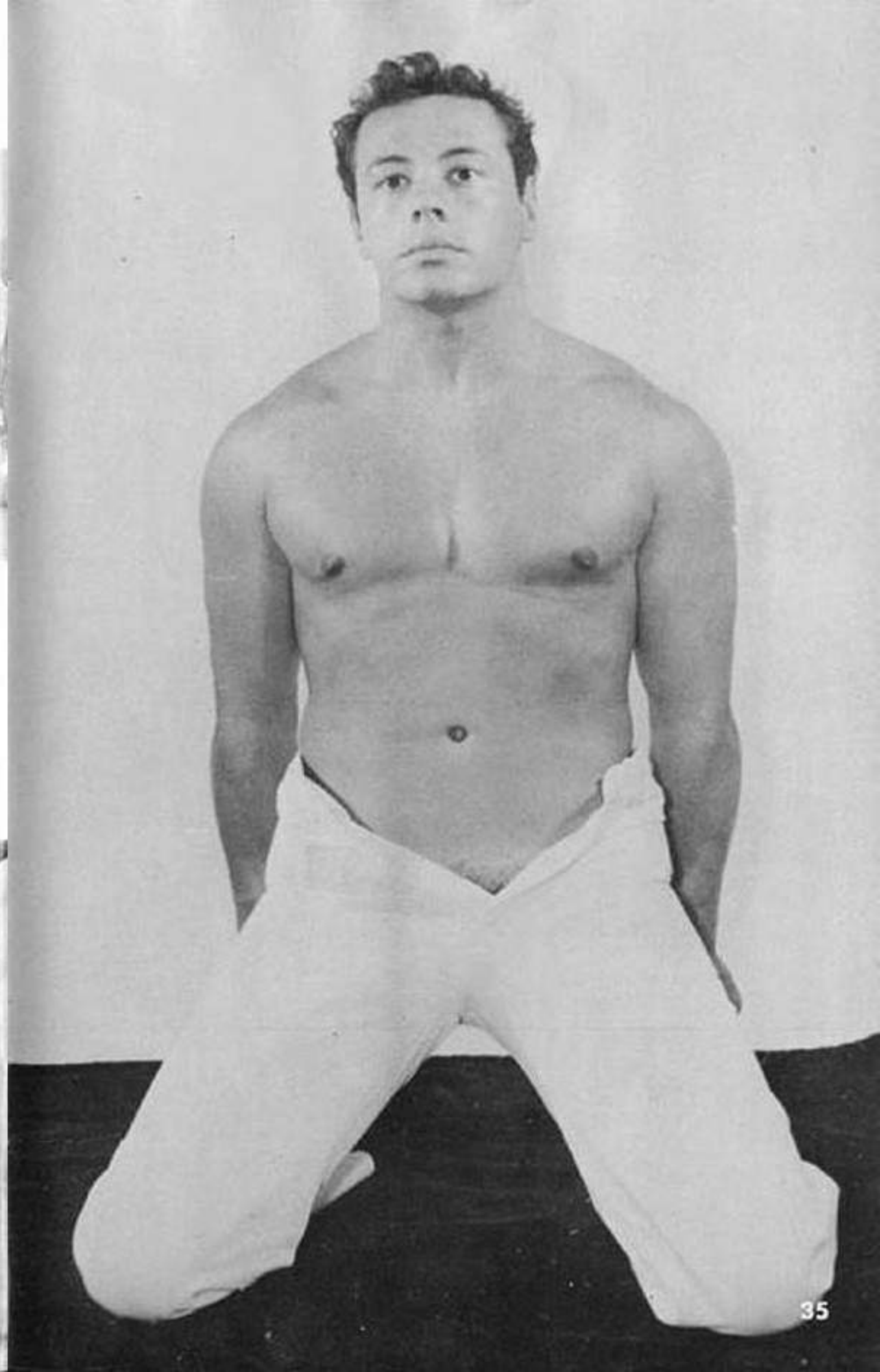






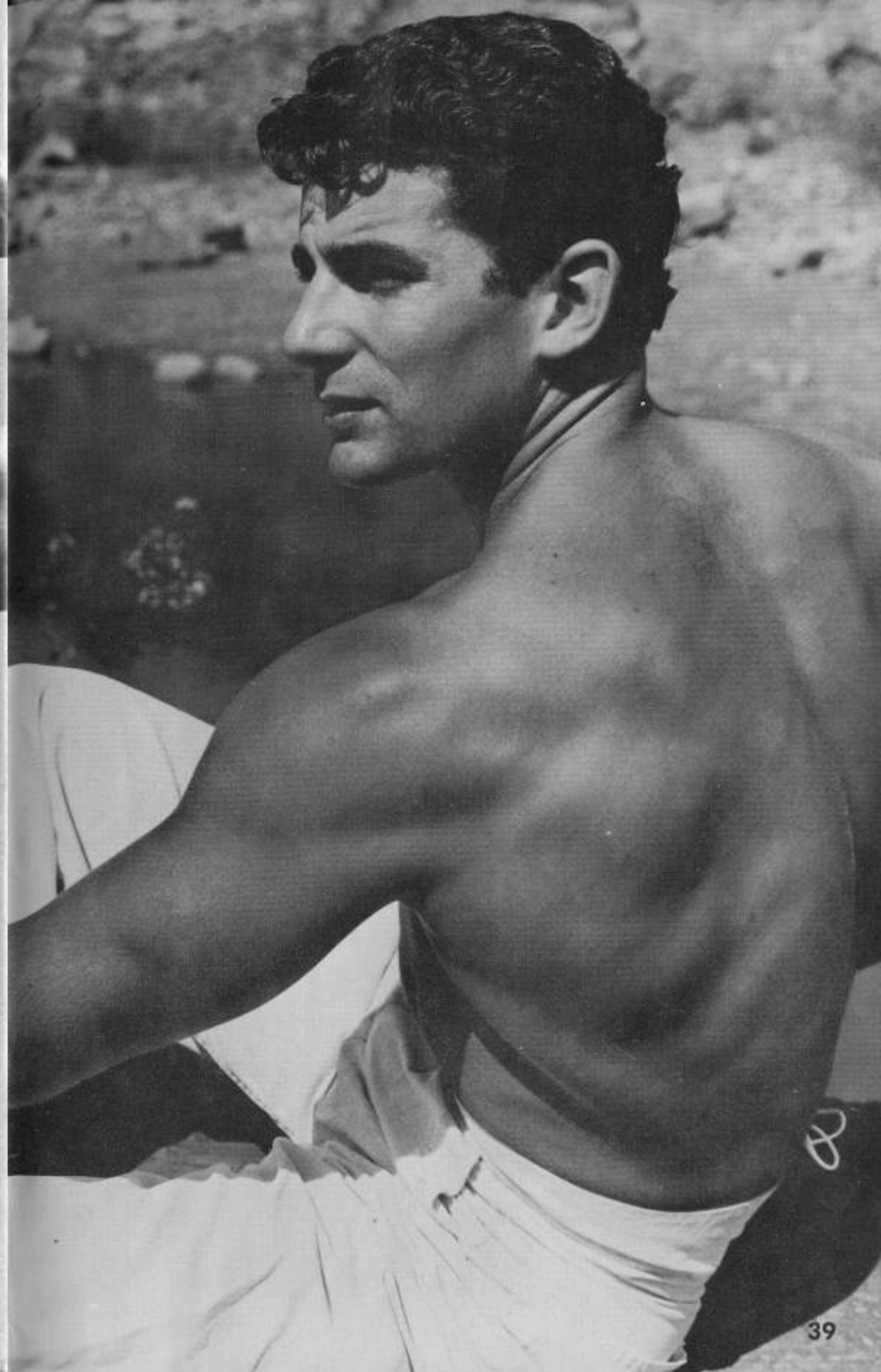


**MARK
SAWYER**

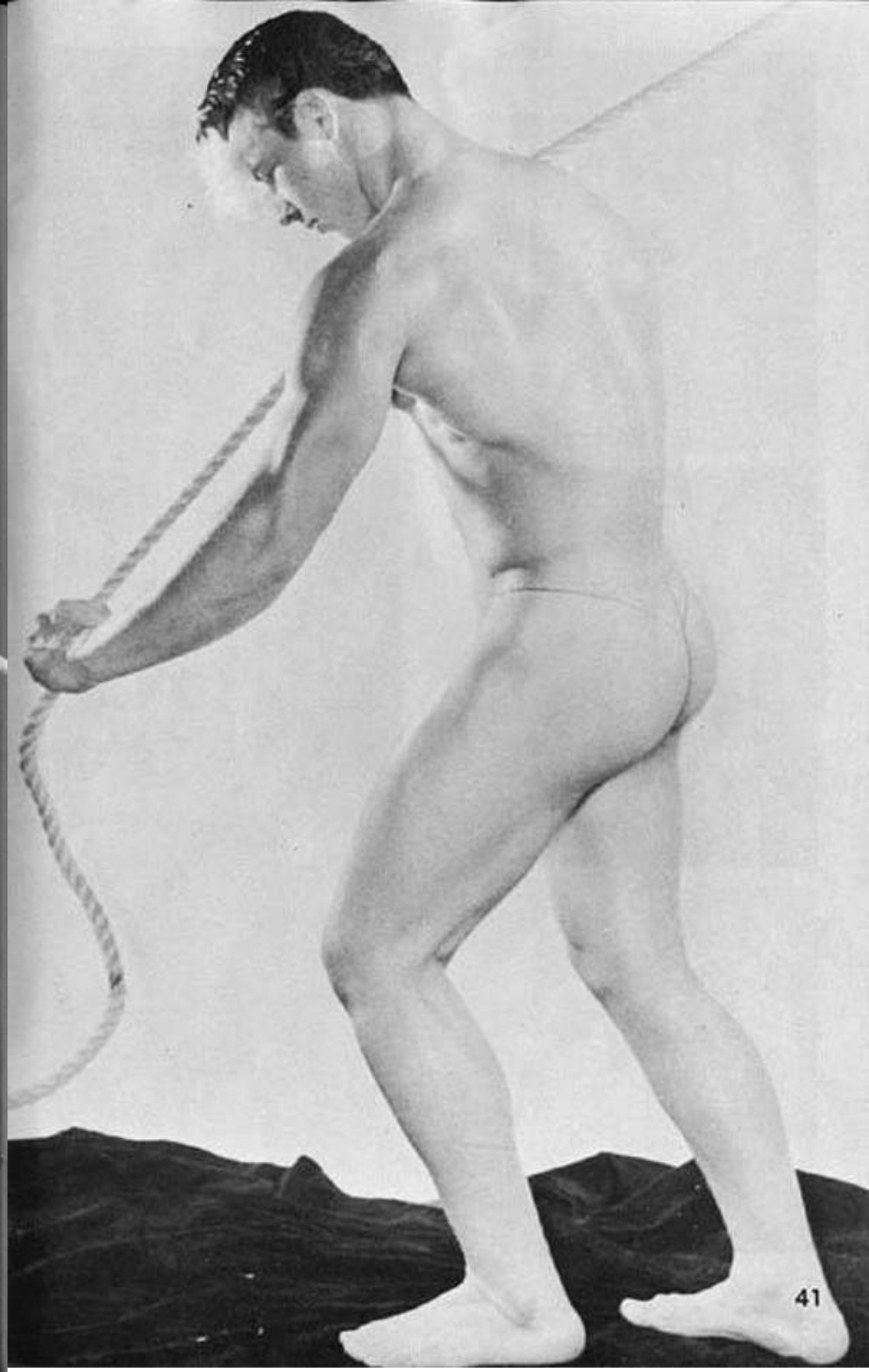
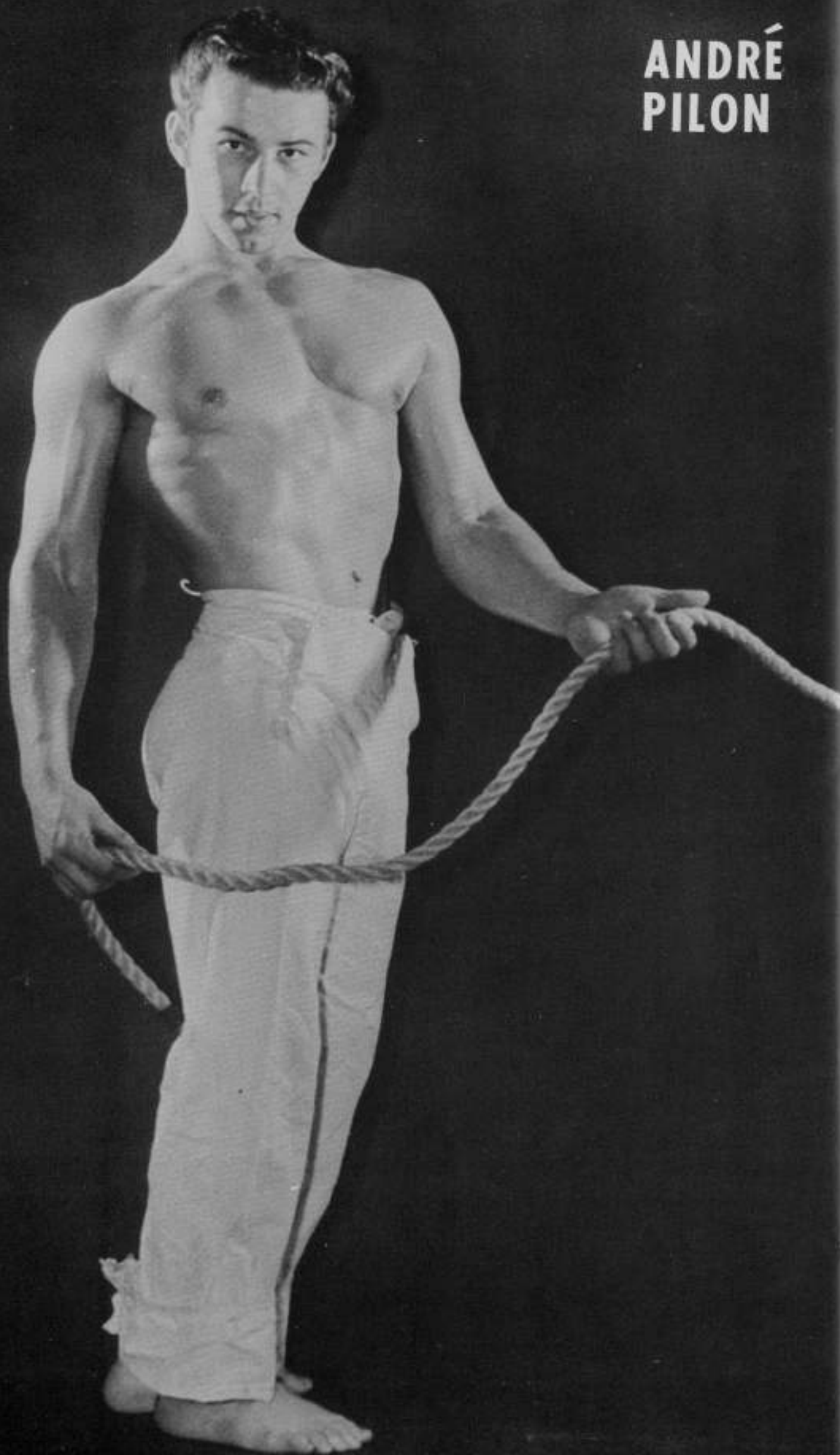




ANDRE LAFRENIERE



ANDRÉ
PILON

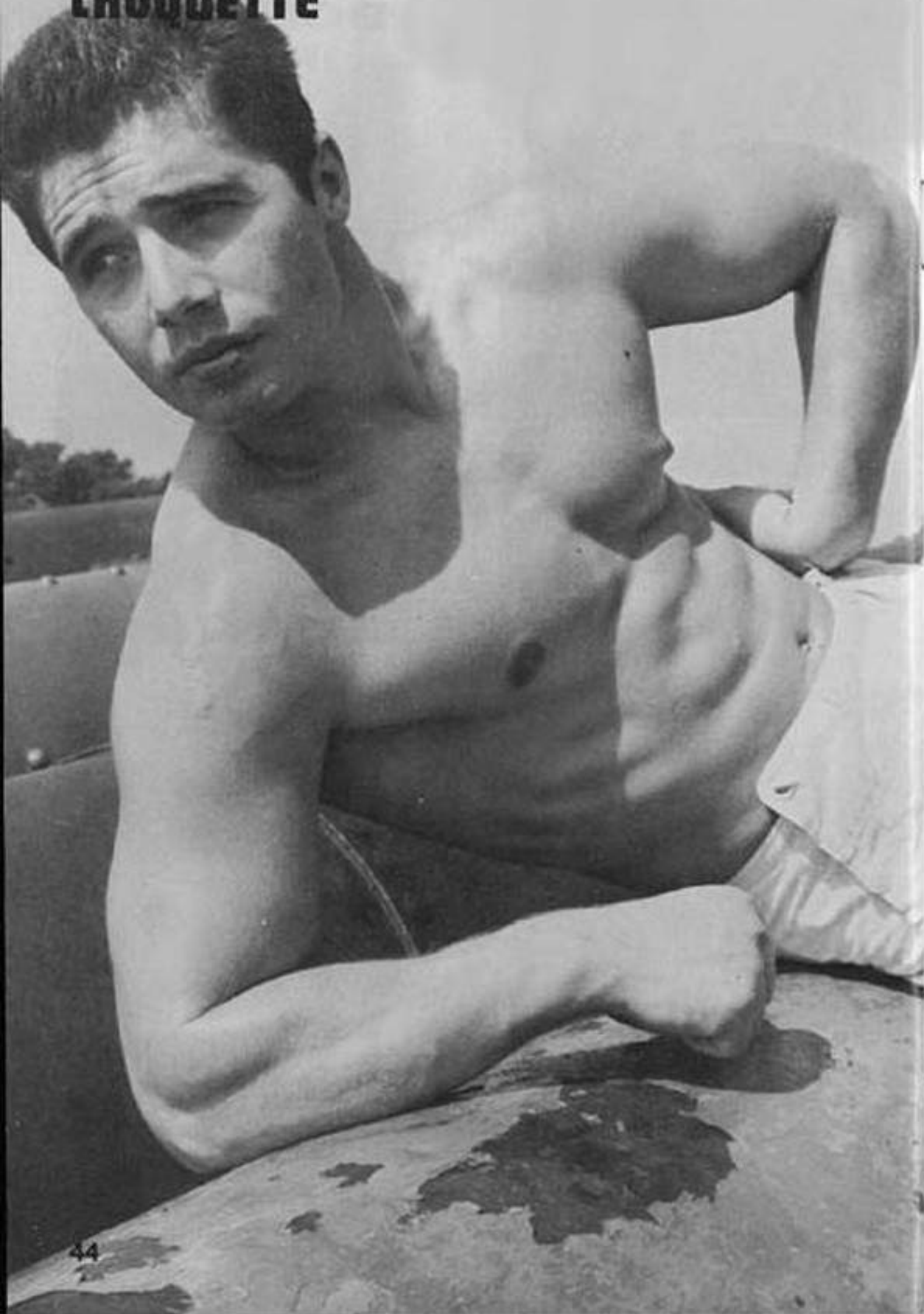




BOB IRELAND

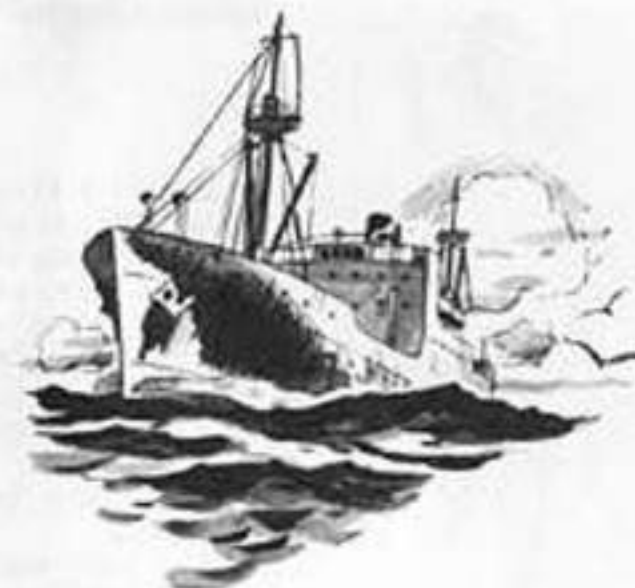


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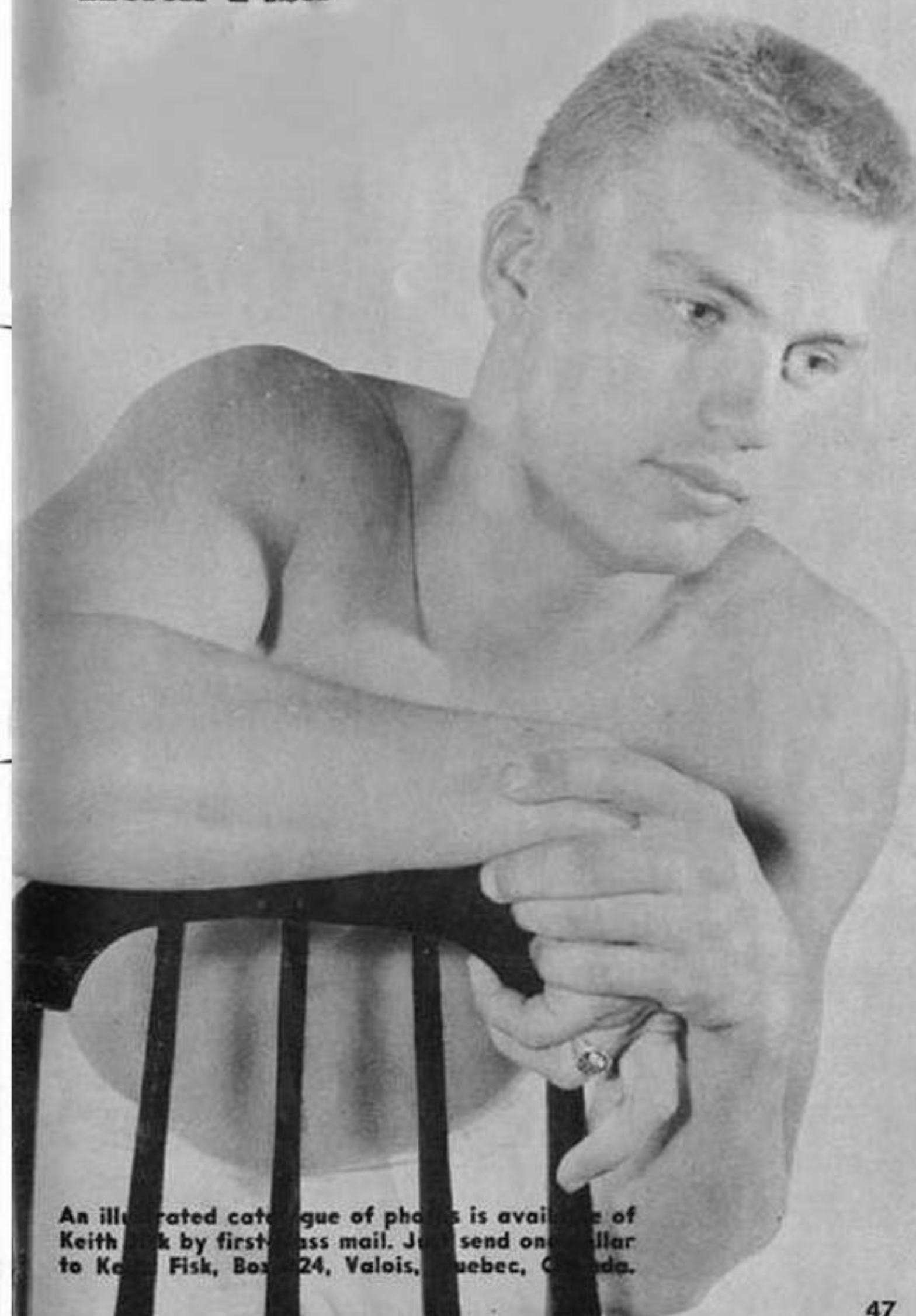
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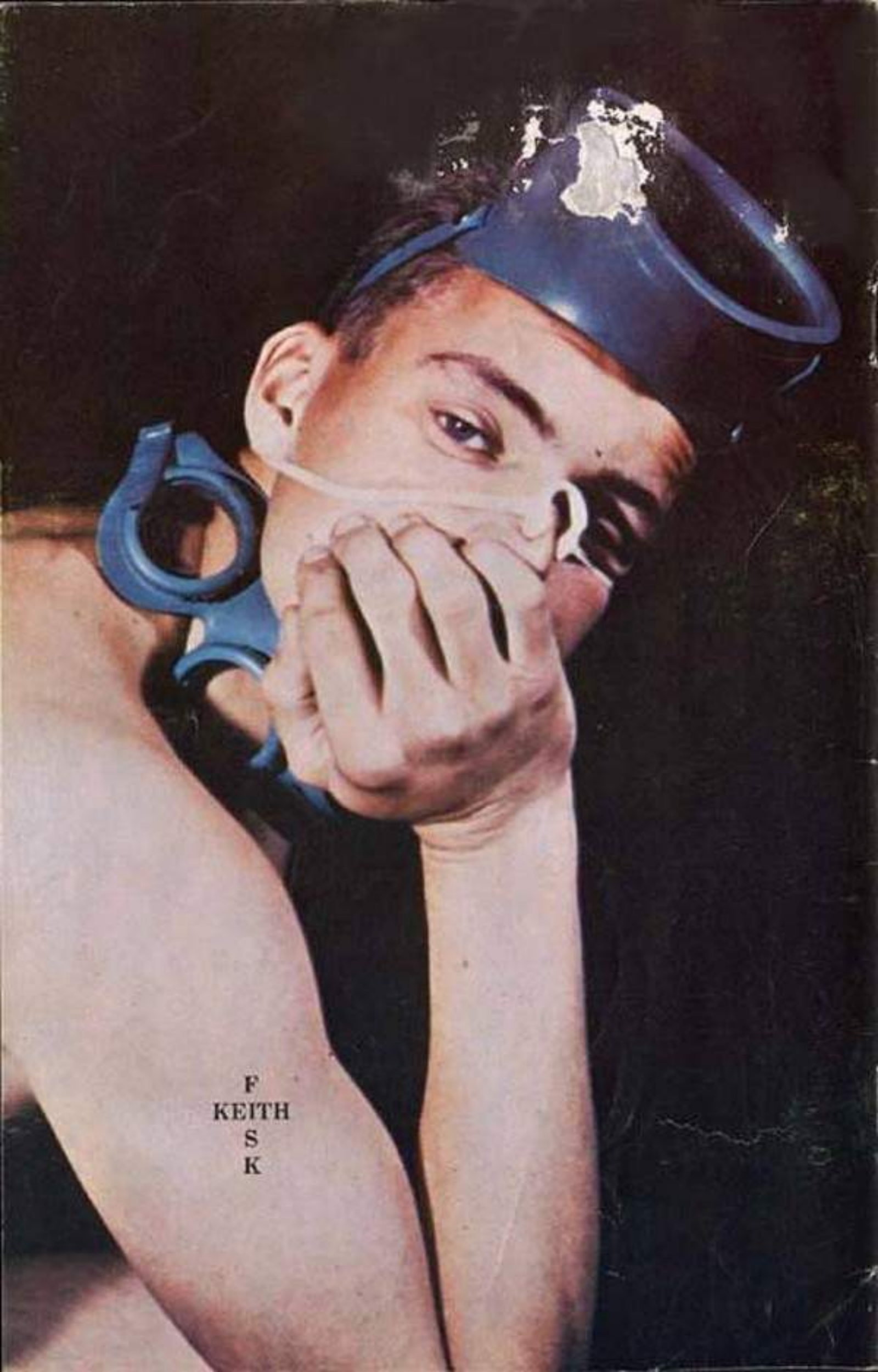
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F
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S
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